

THSP - The people

The Sustainable Health Partnership (TSHP) is a Social Enterprise formed by Dennis Donnelly and Lucy Holbrook in 2010. We bring together a team of people with shared interests and values, drawn from a range of professional backgrounds including health research, community work, psychotherapy, holistic therapy and education.

Dennis Donnelly is a Registered Osteopath and Body Psychotherapist with 20 years experience in both private practice and within the NHS. His 40 year career has been committed to finding things that work in the context of Community Renewal as researcher, academic, practitioner and trainer. Dennis specialises in long term degenerative musculo-skeletal conditions, chronic fatigue, stress illness & recovery, and training in Holistic Therapy. He trains and supervises other therapists and his work is published in professional journals.

Lucy Holbrook offers consultancy and training in Embodied Relationships for Learning and is a Body Psychotherapist. Drawing on recent neuroscience findings her approach focuses on the link between our feelings and thinking and the impact this has on our behaviour choices. She is a passionate advocate of learning models that lead to self-responsible choices for sustainable healthy living. Lucy has worked in both the private and voluntary sectors including 10 years managing a charity supporting women with complex needs in the North End of Birkenhead.

THSP - The organisation

Our mission is to support individuals and communities in their own health creation.

Our models of healthcare

- Offer a range of cost-effective treatments
- Include prevention and self-care programmes
- Activate our body's innate capacity for physiological and emotional self-regulation
- Assure quality and evidence based outcomes
- Use our combined talents to create healthier lives for us all

We will do this through:

- Programme Design & Delivery
- 1:1 Personal Therapy/Treatment
- Groupwork
- Community Training & Education
- Consultancy



Creating health through
INNOVATION and COLLABORATION

Musculo-skeletal & Chronic Degenerative Conditions

We can help you:

- With treatment pathways for long term patients with hard-to-treat conditions
- With in-house triage for non-emergency musculo-skeletal conditions
- Reduce prescriptions and secondary care or investigation
- Increase treatment options for your patients
- Develop community capacity for self-care

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LOTTERY FUNDED

To find out more contact us:
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Visit our website: www.tshp.org.uk

The Sustainable Health Partnership CIC No. 7028227
September 2011

THSP GP Leaflet

See also our General Leaflet

New health care opportunities for musculo-skeletal and chronic degenerative conditions

We believe that within the current period of radical change concerning local healthcare commissioning there are opportunities for new GP based services for musculo-skeletal and chronic degenerative conditions. Services that are:

- Evidence-based
- Engage with local community health needs
- Equitable
- Sustainable
- Promote and support self-care strategies
- Cost-effective

And can protect the most vulnerable and less well represented members of the community.

Our own experience locally is backed up by nationally accepted examples of good practice like the Bromley-by-Bow Centre in London and the Blackthorne GP Practice in Maidstone.



How TSHP can help

TSHP practitioners have been at the forefront of quality, integrated healthcare for musculo-skeletal and chronic degenerative conditions in Liverpool for over twenty years. We can help with:

- Degenerative musculo-skeletal conditions
- Repetitive strain injuries
- Chronic fatigue/fibromyalgia
- Back pain, particularly low back
- Foot pain including plantar fasciitis and metatarsalgia
- Stress related conditions
- Migraine and headache

Our evaluation data shows that we have been clinically successful with our patients, helped them reduce their medication and often removed the need for surgery. Primary Care Trust audit data shows that our patients are highly satisfied with our treatments. Furthermore, our work has been appreciated by all the referring GP practices and we have been both cost-effective and extended the range of therapies for these patients.

We tailor individual care pathways and plans according to need, and we have expertise in designing and delivering innovative community-based models to support both individuals and groups of patients with musculo-skeletal and chronic degenerative conditions.

We work to standard NHS Service Level Agreements and Clinical Governance requirements.

Working together for even better local healthcare

TSHP brings together over 20 years of collective experience of ethical clinical practice within the NHS, local charitable projects and working with people in the community.

We wish to work with Local GP practices or groups of practices to develop care pathways that are both clinically effective and sustainable for local communities

We offer the following services:

- Rapid assessment of chronic degenerative and MSK conditions
- Post-operative complications service
- Acute episodes of chronic conditions

We are also setting up two low-cost pilot clinics for patients with ME, Chronic Fatigue Syndrome, MS, and those with long term chronic conditions and looking for interested GP partners. In the pipeline are community programmes for stress related conditions and low level mental health problems and a pain management clinic.

We are happy to offer short comprehensive presentations of our services or brief live demonstrations of our treatments.

For more details about who we are and our collective experience please visit our website

www.tshp.org.uk